



Tools For Action

A sample of physical education initiatives in Wisconsin

Walking Club 4

Contact Information

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Title of Main Contact
pe instructor
School Name
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School District Name
wisconsin rapids
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Program Information

Program Name
Walking Club 4
Program Category
Recess ideas that complement PE class
Grade Level
Elementary School (K-2); Elementary School (3-5)
Assessment Method
Health indicator (BMI, height and weight, etc.); Fitness indicator (test scores, miles walked)

Program Information

Products Developed or Materials Used:

walking cards, toe tokens, positive reinforcement sheets

Program Description:

Mileage walking club during recess time

A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

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